1. As you push the head of the D.1 inside, you will feel some gentle resistance from the (vaginal) opening.

2. When there's no more resistance, pull the D.1 gently back out until you feel slight resistance again. The D.1 will now be positioned right under the g-spot area.

3. Push down on the handle to feel the head against your g-spot area.

4. You can alternate between the more pointed part of the head to the broader curved part by a simple twist of the hand.